



## MARCH 2022 PROGRAMS

All Programs are free and open to the public. Children must be accompanied by an adult. Reasonable accommodations available upon request. All programs **meet at the Mount Greylock Visitor Center** unless otherwise noted. Please follow all current COVID guidelines. Visit [Mass.gov/COVID](https://www.mass.gov/COVID) for guidance. For additional information and **weather updates**, call the Visitor Center at **(413) 499-4262**.

<b>OPEN DAILY</b>	<b>VISITOR CENTER, 9:00 a.m. – 4:00 p.m.</b> Interpretive exhibits explore the park story through artifacts and displays. Trail maps, hike guidance, 13-minute orientation film, bathrooms, drinking water available. Wheelchair accessible.
<b>SUNDAYS</b> <b>Ongoing</b>	<b>NATURE SCAVENGER HUNT, 10:00 a.m. - 3:00 p.m.</b> For children and families. Adventurous quests invite you to search for natural treasures along park trails. Several “seek and find” scavenger hunts available at the Visitor Center for different age and skill levels. Program is self-guided. <b>FREE.</b>
<b>FRIDAY,</b> <b>MAR 4 and</b> <b>MAR 18</b>	<b>MOUNTAIN MINDFULNESS WINTER WALK, 1:00 p.m.</b> <b>Join Micah Mortali M.A.,</b> author of “Rewilding” and Founder of the Kripalu School of Mindful Outdoor Leadership, on an easy to moderate winter walk. Discover elements of forest bathing, mindful breathing, nature connection, tree identification and tracking, and meditation skills culminating in a fire ceremony and time for sharing and reflection. Leave inspired with skills to access the healing benefits of nature back home! Dress warmly for outdoor hiking in snow. Wear snow boots with traction devices or snowshoes. Bring water and a snack. <b>Program duration 2 hours. FREE. For all ages.</b> Brought to you in collaboration with <b>Kripalu Center for Yoga and Health.</b>
<b>SATURDAY,</b> <b>MAR 5</b>	<b>WINTER WILDLIFE TRACKING, 9:00 a.m. - 12:00 p.m.</b> <b>Ages 8 and up.</b> Jim Pelletier leads a 3-hour guided wildlife tracking exploration! Journey less than 2-miles at a leisurely pace with some off-trail, rough terrain, and stream crossings. <b>FREE.</b> Dress for winter weather; hiking poles, traction devices for boots, or snowshoes. Trails may be snow-covered, icy, or muddy. Bring water and a snack. Inclement weather cancels. <b>Pre-registration required at <a href="https://mar5-winterwildlifetracking.eventbrite.com">https://mar5-winterwildlifetracking.eventbrite.com</a></b>
<b>WEDNESDAY,</b> <b>MAR 9</b>	<b>FOREST BATHING with Canyon Ranch Guides, 10:00 a.m.</b> De-stress and get re-connect with nature! A guided slow, intentional woodland walk to find a meditative spot. Then relax into a conscious mindful state. No experience necessary. Dress appropriately for winter weather conditions: layers, winter boots. If conditions permit, bring snowshoes and hiking poles. <b>FREE. Ages 8 and older.</b> Program duration 90 minutes. Co-sponsored and led by <b>Canyon Ranch Wellness Resort, Lenox.</b>

Programs continued on the next page...

coming events



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**SATURDAY,  
MAR 12**

**MT GREYLOCK PHOTO GROUP MEET-UP:  
BERKSHIRE DESTINATIONS 1:00 p.m. - 2:30 p.m.**  
**All ages welcome.** Discover amazing locations of Berkshire County’s natural, cultural, and historical landmarks as we join local photographer, author and outdoor enthusiast Christy Butler for a fascinating photographic slide-show presentation exploring a vast range of waterfalls, glacial boulders, and points of interest from across the region. Christy will share many of his favorite locations offering a preview of his latest book “Berkshire Destinations” an Explorer’s Hiking Guide. **Meet at the Visitor Center.**

**FRIDAY,  
MAR 4 and  
MAR 18**

**MOUNTAIN MINDFULNESS WINTER WALK, 1:00 p.m.**  
**with Micah Mortali M.A.,** author of “Rewilding” and Founder of the Kripalu School of Mindful Outdoor Leadership, on an easy to moderate winter walk. **See program details on previous page listing for March 4th.** Dress warmly for outdoor hiking in snow. Wear snow boots with traction devices or snowshoes. Bring water and a snack. **Program duration 2 hours. FREE. For all ages.** Brought to you in collaboration with **Kripalu Center for Yoga and Health.**

**SUNDAY,  
MAR 20**

**MOUNTAIN MINDFULNESS EQUINOX WALK, 1:00 p.m.**  
**Join Sandy Wilson** on this special Spring Equinox Walk that incorporates elements of forest bathing, meditation, mindful breathing, and nature connection. Dress in layers appropriate for winter hiking. Hiking poles and traction devices or snowshoes are recommended. Bring water and a snack. Free. For all ages. **Program duration 2 hours. Space is limited. Pre-registration is required at <https://mar20-springequinoxwalk.eventbrite.com>**

**THURSDAY,  
MAR 24**

**QI GONG / TAI CHI with Jeanne, 10:00 a.m**  
Enhance your overall optimal health and longevity. Experience the ancient Chinese meditative martial arts of Qi Gong/Tai Chi. No experience necessary, all abilities welcome. FREE. **Ages 12 and older.** Children must be accompanied by an adult. Program duration 90 minutes. Wear comfortable, winter weather appropriate clothing. Program may be offered outdoors if fair weather, otherwise indoors. Co-sponsored and by **Canyon Ranch Wellness Resort, Lenox.**

**Programs continued on the next page...**

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FRIDAY,  
MAR 25

**NICE AND EASY TRAIL HIKE, 1:00 p.m.**

Easy-paced, one to 3-mile guided hikes geared toward seniors, but open to all ages. A wonderful opportunity to join other hiking enthusiasts who share in the joy of the great outdoors! **Space is limited. Pre-registration required at <https://mar25-niceandeasyhike.eventbrite.com>** . Dress appropriately for variable winter weather; hiking poles and traction devices for boots or snowshoes may be recommended. Trails may be snow-covered, icy, or muddy. Bring drinking water and a snack. Inclement weather cancels. **Program duration 90 minutes to 2 hours**. For additional information and **weather updates**, call the Visitor Center at **(413) 499-4262**.

SATURDAY,  
MAR 26

**FAMILY FRIENDLY OUTDOOR ADVENTURES, 1:00 p.m.**

**FREE. For all ages.** Come out and join us for an afternoon of winter activities, including **snow tubing** for the little ones, a **SNOWSHOE DEMO** by NeviTREK Handmade Snowshoes, and a **guided mindfulness walk** along the Bradley Farm Trail. Please be prepared for the weather, dress in layers and wear sturdy snow boots. Traction devices, trekking poles or your own snowshoes may be advisable for the hike. Bring water and a snack. **Program duration 2 hours.** **Snowshoes will be available to try out for ages 8 and older.** For additional information and **weather updates**, call the Visitor Center at **(413) 499-4262**.

SATURDAY,  
MAR 26

**MOUNTAIN MINDFULNESS FAMILY FOREST WALK, 1:00 p.m.**

**FREE. For all ages. Join Sandy Wilson** on this easy to moderate Family Forest Walk suitable for families with children able to walk one to three miles on an easy to moderate trail. This outdoor program will incorporate elements of mindful breathing, nature connection, tree identification, animal tracking, and meditation skills culminating in a time for sharing and reflection. Leave inspired with skills to access the healing benefits of nature back home! Dress warmly for outdoor hiking in variable weather. Wear snow boots with traction devices or snowshoes. Bring water and a snack. **Program duration 2 hours.** For additional information and **weather updates**, call the Visitor Center at **(413) 499-4262**.

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